

THE SACRED SCIENCE OF Sexual Regeneration

BY
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An exposition of the process of physical and spiritual regeneration through
the conservation of sexual vitality.

The only method that will permanently overcome weakness, old age,
disease and decay, and perpetually rejuvenate the body.

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CLEANLINESS ESSENTIAL TO GODLINESS.

I feel that the following experience of Dr. H. T. Turner should be incorporated in these lessons as showing a cause for disease and impurity that is little understood. The poisons reabsorbed into the system from such a condition of the bowels as is here presented produce not only physical disease but a diseased imagination also. The mind and body are so blended that foulness in the body causes impurity in the mind.

EXPERIENCE OF DR. H. T. TURNER.

"In 1880 I lost a patient with inflammation of the bowels, and I requested of the friends the privilege of holding a post-mortem examination, as I was satisfied that there was some foreign substance in or near the ileo cœcal valve, or in that apparently useless appendage, the appendicula vermiformis.

"The autopsy developed a quantity of grape seed and pop corn, filling the lower enlarged pouch of the colon and the opening into the appendicula vermiformis. This from the mortified condition of that part of the colon alone indicated that my diagnosis was correct. I opened the colon throughout its entire length of five feet, and found it filled with fecal matter, and encrusted on its walls and into the folds of the colon, in many places dry and hard as slate, and so completely obstructing the passage of the bowels as to throw the patient into violent colic (as his friends stated) sometimes as often as twice a month for years, and that powerful doses of physic were his only relief; they further stated that all the doctors had agreed that it was bilious colic.

"I observed that this encrusted matter was evidently of long standing, the result of years of accumulation, and the remote cause—not the immediate cause—of his death. The sigmoid flexure, or bend in the colon on the left side, was especially full and

distended to fully double its natural size, filling the intestine uniformly, with a small hole, the size of one's little finger, through the center, through which the fecal matter passed. In the lower part of the sigmoid flexure, just before descending to form the rectum, and also in the left-hand upper corner of the colon, as it turns toward the right, was a pocket eaten out of the hardened fecal matter, in which were eggs of worms and quite a quantity of maggots, which had eaten into the sensitive mucous membrane, causing serious inflammation of the colon and the adjacent parts, and were the cause of the hemorrhoids or piles, which I learned were of years' standing. The whole length of the colon was in a state of chronic inflammation, and still this man had no trouble in getting his life insured by one of the best companies in America, and was considered a strong and healthy man by his family and neighbors.

"I have been thus explicit in this description from the fact that recent investigation has developed the fact that in the discovery described above I had found a prototype as to the cause of all diseases of the human body, that I had found the foundation of premature old age and death, for, surprising as it may seem, out of two hundred and eighty-four cases of autopsy held (they representing nearly all the diseases known to our climate), but twenty-eight colons were found to be free from hardened adhered matter, and in their normal healthy state, and the two hundred and fifty-six were all more or less as described above, except perhaps the grape seeds and pop corn. Many of them, as described by the writer, were distended to nearly double their natural size throughout their whole length, with a small hole through the center, and almost universally those last cases spoken of had regular evacuations of the bowels each day, many of them (the colons) containing large worms from four to six inches long, producing epilepsy, spinal irritation and extreme nervousness.

"My experience from day to day develops start-

ling disclosures in the form of worms and the nests of eggs that we daily get from patients, accompanied with blood and pus. As I stood there looking at the colon and reservoir of death, I expressed myself, as my patients do daily, in wonder that any man can live a week, much less for years, with this cesspool of death and contagion always with him. The absorption of this deadly poison back into the circulation can but cause all the contagious diseases. The recent treatment of hemorrhage of the bowels in typhoid fever has shown it to be caused by maggots and worms eating into a sensitive membrane and tapping a vein or artery. In fact, my experience during the last ten years has proven, by the rapid recovery of all diseases—especially so-called chronic diseases—that in the colon lies the cause of nearly all human ailments. Here is the breeding ground, and a fertile soil for disease-breeding germs to be carried from the colon and emptied directly into the lungs, through the portal veins, lacteals and lymphatics by way of the thoracic duct.

“It is a well-known fact that physic will not remove this encrusted matter, or even loosen it, but by increased action of the small intestines they are emptied for the time being, giving temporary room for the overloaded stomach and duodenum, and emptying and rinsing out the small passageway through the crusted matter in the colon, and it is the writer’s opinion that calomel and other forms of mercury, morphine, and a thousand other death-dealing drugs in use by the so-called science of medicine, should be dispensed with.

“But why, you ask, has not this discovery been made before? There are two main reasons. The first is, in holding post-mortems, this organ was avoided, cut off, if in the way. In the dissecting room, the student, taking it for granted that the colon was like the rest of the intestinal canal, cut it off and threw it away. As a result, the profession knows the least about this important organ of any

in the human body. The other reason is of a regular nature and full of selfish bigotry and motive, for a knowledge as given above would revolutionize the whole science of so-called medicine, and stop, to a great extent, medication by the way of the stomach, and digression from the regular established teaching is quackery and always has been since Hippocrates first promulgated a system of medicine. Recent investigation has also developed the fact that all cases of tuberculosis or consumption have their origin in one or more tubercular ulcers in the colon, located as a sequel of above described pockets of maggoty worms, and that hereditary consumption is a myth.

"The question is often asked, Why is this unnatural accumulation in the colon? The horse or ox promptly obeys the call of nature, and knows no time or place, and are blessed with a clean colon. So are the natives of Africa. But the demands of civilized life insist upon a time and place. Business, etiquette, opportunity, and a thousand and one excuses, stand continually in the way, and Nature's call is put off to a more convenient season. The fecal discharge, as it is pressed through the ileo cœcal valve into the colon, is (if natural) of the consistency of paste, and should be but a trifle harder at its final evacuation; but if allowed to remain in the colon longer than three hours, it settles into the folds of the colon, and a little remains there, while the remainder becomes hard, and we call it constipation, for its fluid particles have been absorbed back into the circulation. This little continuing to adhere into the folds causes inflammation, and its dryness attracts more accumulation. Now, this process going on from day to day, from week to week, from year to year, the colon becomes completely lined, losing its nerve, elastic power and sensibility.

"Do you wonder, dear reader, that men die of premature old age, apoplexy, paralysis, dropsy, consumption, dyspepsia, so-called liver complaint, or biliary derangement, Bright's disease or any other

kidney trouble? Catarrh (which if left alone fertilizes a field for consumption), epilepsy, rectal disease, syphilis, rheumatism, female diseases of all kinds of names, spinal irritation, peritonitis, all kinds of skin diseases and impurity of the blood, old cancers, and lastly, all kinds of fevers of a malarial or contagious nature, all have their origin in the colon."

The mind should be taught to dominate and vitalize the physical functions so that the life-force will flow so powerfully through every organ that there will be no harboring of poisonous materials. Until the mind has attained to its rightful supremacy whatever means will help to keep the body internally and externally sweet and clean should be freely used that the life-force may not be contaminated and disturbed. Too many are depending on the metaphysics they have absorbed into a few cells in the head to change the false habits of the intelligence in the cells of the whole body. There must be a perfect realization of intelligent life pulsating with power through every cell in brain and body before the well-known hygienic measures can be entirely discarded.

The daily use of the exercises on page 48 will tend to overcome the conditions mentioned by Dr. Turner if regular habits for the evacuation of the bowels be established. The intelligence in these lower functions must be trained to right habits of action by regular daily attention to their needs.

The hygienic treatment that Dr. Turner alludes to is the use of a fountain syringe several times a week to begin with and later but once a week or once a month as a matter of precaution against poisonous accumulations. The bowels will not depend on this means if they are in a healthy condition, and if they are not, it is wise to flush them until they

are restored to health that worse conditions may not develop.

To take an "internal bath" fill a rubber bag with two or three quarts of hot water, at about 98 degrees, the temperature of the inside of the body, and, after oiling the rubber nozzle, insert it in the rectum and while sitting, or reclining on the right side, allow as much of the water to flow into the bowels as can be held without inconvenience. Hold the water a few minutes, then empty the bowels. After the bowels are cleansed it will be well to inject a pint of clear water to be retained during sleep. A little castile soap added to the first injection will increase its purifying power.

When the noted millionaire, Sir Thomas Lipton, visited the United States a few years ago, he was taken sick with appendicitis. It is said that none of the noted surgeons in attendance would take the responsibility of an operation, and so an injection of molasses and milk at blood heat was tried, with the result that all the irritating fecal matter was dislodged and washed away from the appendix and he rapidly recovered without an operation.

European surgeons of note are agreed that appendicitis can be cured without an operation, and so we shall hope soon to see simple cleanliness taking the place of costly and dangerous operations.

THE POWER OF THE BODY.

The God-idea—the soul—incarnated in the flesh, not to expiate some sin as is so often stated, for it was perfect from its inception, but that it might gain from Mother Nature certain elements of mind necessary to the full development of a self-conscious individuality.

The course pursued by many students in denying the body is one that oftentimes causes a separation of the spirit form and its physical counterpart. The thought of the nothingness of the body, if consistently carried out, would rob the developing ego of all the power to be gained by a proper recognition of the intelligent force latent in the body.

Those who teach that the physical body is nothing and deny its existence make a great mistake. They do not discriminate between the body and the false ideas that exist in regard to the body. They associate the ideas of carnality and matter with the body, and because these are delusions they deny the body which has been dominated by these delusions and state that it also is a delusion, non-existent, nothing. We must distinguish between the thought-phantoms or beliefs of disease and carnality that beset the body-mind and this negative mentality in its primeval purity and strength.

This negative form of mind called flesh and matter had its origin in the universal Mind and by recognizing its innate and powerful intelligence we shall be guided to unfold its hidden blessings of life and health. If the physical body were nothing, when it was cast off by the spirit that inhabited it every possibility of life would be gone from it. This bundle of so-called "nothingness" proves that it contains latent possibilities that have not been exhausted by the indwelling spirit, for as soon as the spirit departs the individual cells renew their efforts to grow (as may be seen in the continued growth of the hair), and the body is filled with active energy caused by the changing polarity of the molecules as they endeavor to attain their freedom from the organism.

Not one in a thousand realizes and develops the

powers latent in the cell life of the body. Few spirits departing from the flesh take with them the powers of dominion that the body would have given them had they developed its latent intelligence.

One there was who proved that His body and mind were one and the same substance, radiant with the glory of Divinity. His body as well as His mind had to be spiritualized or lifted up in order that He might become a magnet to draw all men unto Him. Any forceful personality that wants to accomplish anything on the physical plane must express the attractive power of his spirit through his physical body. It is not enough to form plans in the interior realms of his mind, he must use his magnetic force, his voice, and all the energy of his being to impress others and make his plans real—to give them a physical body, as it were.

When we deny matter, we deny the false idea that matter and mind have a separate existence. "There is no matter" because "all is mind." As there is but one substance, matter and mind must be that substance in different degrees of development, or in a crude and refined form. That the body is responsive to thought action and may be termed mind, is illustrated by a person fainting from fright. The shock touches the thought centers, and the thought acts on the nerves and blood-vessels until it traverses the space of the whole organism. If the body were an inert and unresponsive substance, the mental shock would produce no effect upon it.

This responsiveness of the body-mind is the basis for all mental and spiritual healing. When we speak the word of truth it acts on the thought centers and speeds through the nerves, blood-vessels, muscles and

organs with healing power and the truth becomes externalized in the flesh.

We must fully understand that body and mind are one, that the mind lives in all parts of the body and that there is nothing in the body to hinder thought action, if we would have the truth penetrate to the most external degree of our lives, if we would become the living embodiment of our realization of truth. Thus this beautiful science becomes of practical benefit to us. We realize perfect life resident in all parts of the body and there is no place for disease to exist because we keep all parts polarized or harmonized to our conscious realization of love and wisdom.

Let us not be satisfied with a mere intellectual understanding of this noble truth. To be sure, even this will accomplish healing results for self and others, but it is a psychological process of one mind temporarily influencing another and soon wears away, leaving the patient in the same condition as before the treatment.

The case of a metaphysical healer of prominence in a certain sect who died recently of "fatty degeneration" illustrates this phase of intellectual perception of truth. He could formulate statements of truth and think thoughts of health that were of benefit to many, at least he was considered a leading light as a teacher and healer. He denied the reality of the physical body, and consistent with his theoretical belief, he catered to the physical appetite until the coarsening of the cells hindered the orderly control of the body by the mind. Instead of regenerating the body by infusing it with mental energy, he denied its existence, and while living in his intellectual abstractions allowed the body to degenerate.

He called upon the best healers in the country, but their united denials of his body did not give it life. As a last resort he called in noted physicians, who told him it was too late, and so he and the non-existent form which he was so anxious to retain separated. His friends did not realize that his mode of living was not conducive to health. They believed that the disease was caused by a physician who suggested that if he did not eat less and take more exercise he would die of "fatty degeneration," as the signs were already apparent.

We must organize the understanding of this science in the flesh. This negative pole of the human magnet is just as essential to the perfect working of the magnet as the positive pole.

The body may be compared to the roots of a plant, for we are drawing from the body the elements which sustain the mind, just as the stalk and leaves of the plant draw their nourishment through the roots.

We should strive to glorify the body and redeem its substance from false desires and the beliefs of carnality, that we may remain in it and have it as a beautiful temple as long as the soul desires to function on the physical plane. We can make our bodies over by the gradual but sure process of right thinking, and educate every atom of the flesh to a clear and perfect understanding of the living truth. The true law and order of growth is right thinking, which produces right being, and right being leads to right doing.

We should make every effort to incorporate the truth into our entire structure, mental and physical. We must become saturated with the life of truth. A splendid transformation will come to us as we organ-

ize the life and intelligence of God in our physical bodies, and in proportion as we do this we shall be prepared to organize it in others. We can impart with a touch or a word the power that we *are*, and thus help our friends to more quickly attain what we have realized after much hard experience and persistent effort. Then we shall *be* the Power from soul to physical atoms, the Life Divine, and heal through our own deep conviction of the mighty prevalence of God's life and power.

SOUL GROWTH.

In the Realm of Light and Love a soul was born of the creative thought of God and lived as a cherub in the blissful Being of the Infinite One. In its first state it lived in the Divine Presence, innocent of the ways of life and trustfully content to abide in the enfolding Arms of Peace.

But with the growth that comes to everything from the impulse of the God-mind within, this cherubic soul evolved the desire to know, to become conscious of itself and its relation to existence, to fathom the meaning of the vast life of which it was a part; thus it called for the mental food which would enable it to grow in self-consciousness and gain a stronger individuality.

The soul said to God: "I would know Thee, my Father-Mother. I desire to comprehend the vastness of Thy Being and understand the infinite greatness of Thy Consciousness and Power."

The Great God answered: "How canst thou search out the profound depths of my Eternal Wisdom who hast not yet learned of the least part of my creation? Go thou and learn of the little things

of life, the simple processes of manifestation in their earliest stages. Watch the atom evolve from the bosom of my Universal Mind, and follow that tiny spark of inanimate life through its progression until it becomes animate with vital force. Follow its growth first through the mineral kingdom, where it individualizes enough force to organize the crystal; then through the vegetable kingdom, where it manifests its several degrees of vitality in the organization of forms from lichen to forest tree, and thou wilt see it ceaselessly pushing its way upward as it learns to draw more and more intelligence from my Universal Mind, through the law of attraction, until it is able to enter the animal species.

“Lead this sentient animal along the path of progression and stimulate its latent mind, that it may evolve the power to think and reason. Then, after thou hast comprehended the development of these lesser beings, thou mayest unite thyself to a babe and develop the conscious power of a mortal personality, and thou wilt grow in mental strength and individuality until thou hast developed a positive and well-balanced mind, and through what thou hast learned from all this experience thou wilt grasp somewhat of the law of my life, which is manifestation and growth, and then wilt thou begin to understand my Wisdom, Love and Power as thou dost bring these attributes into expression through thine own individuality.

“Thou art a soul created in my own image and likeness, having potentially within thee, as in a seed, all the qualities and attributes and possibilities of my infinite nature; and thy happiness consists in this, that thou shalt make me manifest, image forth my likeness, express me; so shalt thou know me.

For I can only be known in fulness by souls who express me in fulness, and as I am the limitless whole, those that know me shall grow into the limitless realization of my Power and Glory, and delight in the boundless Love and Wisdom of my Eternal Being."

THE SACRED CENTERS.

When the divine idea or soul incarnates, it blends its intelligence with the intelligence of the mind that is derived from the physical parents. This personal intelligence deals with outward things through the senses and grows thereby. The soul's intelligence looks toward divine principles and strives to exalt and refine the mind so that nobler and more godlike attributes will be expressed. The inherent strength of the soul, derived from the greatness of its experience previous to its present physical incarnation, is shown through the character as a veiled light. The light of the soul is veiled by the mortal qualities and propensities, but at times flashes of genius are exhibited which the world extols, no matter to what depths the personality may have sunk. There are many great souls incarnate, but the mortal propensities very often rule and mar the beauty of their characters.

The soul, in its unity with the personal mind, is especially related to six centers, which are therefore called "Sacred Centers." These are the seat of the God-Mind and partake of the wisdom of Divinity.

To gain a clear conception of the Sacred Centers we should picture in imagination the spirit form of a man composed of thought forces. This spirit form, which is the concrete mind of man without its physi-

cal envelope, is composed of magnetic, electric and thought energies, which serve to vitalize the physical body, and through this spirit form the soul's force is diffused, like a radiance, with six bright centers of spiritual light, which, by cultivation, will grow so powerful that the whole spiritual body will be filled with light and become entirely luminous. These six points of light are located—one in the center of the forehead, one in the larynx, one near the heart, one near the stomach, one near the rectum and one near the sex organs. It should be borne in mind that these are centers in the spiritual body—centers of thought, feeling and action, which are related to the finer nerve currents and affect the body through the nerve plexuses, which are open to their influx.

These sacred centers have both a physical and spiritual use, an inner and outer function.

The only outward function of the sex center is procreation; its inner function is to nourish the body and the spirit through the reabsorption of vital essence. This center generates substance in the physical organism which life can use.

The rectal center supervises the casting out of both physical and more refined impurities.

The solar plexus center draws the nourishing fluids from the hypocondriac or central region of the body and sends them by a downward process to the sex region, where they are discharged as seminal secretion. Its higher function is to transform the nourishing fluids and vital essence into a refined product, which is carried to the spleen for further refining. It feeds the vital flame.

The intelligence located in the heart plexus *feels* life and all its emotions, from hate to highest adora-

tion. Through this holiest center the feelings of life are radiated to the whole body as motive force and the blood currents follow the life currents and are qualified by the emotional states generated in this center.

Through the larynx plexus life expresses in utterance of sounds that represent the quality of its intelligence. Its outer function is to voice sounds. When it is lifted up it becomes the gateway through which a mighty directive and creative power can express, namely, the Word of Omnipotence.

The faculties functioning in the front forehead as intellectual activity can become, through the spiritual development of the intellect, the illuminated faculties of the soul.

* * *

The word "mind" has so long been associated with the intellect in the head that we emphasize the fact that mind is the consciousness and life of the whole body. The mind is the spiritual part and functions through all the nerves and organs of the body.

We are conscious of but a very limited amount of mental activity, as the greater part is subconscious or working silently just beyond the range of conscious thought, and this subconscious intelligence is capable, when not disturbed by the thoughts of man, of carrying on all the processes of physical life. In the six sacred centers the intelligence has developed to the degree that it begins to express the higher life of the soul—thus these centers in their higher aspect are the secret places of the Most High; they are the gates of regeneration through which the consciousness of Divinity is gained. Although these centers differ in precedence, they all are capable of

exhibiting the light of the soul, which is the intelligence and love of Divinity.

There are two spiral movements about each center. The outward movement is first developed as a means of attaining something, which results in the growth of the physical functions. After the animal nature is developed the attraction of the soul creates an inward spiral motion whose object is the spiritualization and purification of the physical functions. This outward and inward flow of energy is manifest not only in the centers of the physical body, but in every other center in creation, from the in-breathing and outbreathing of the life of a crystal to the outreaching of Love and the inward flow of souls toward the Heart of God.

The work of regeneration is one of cleansing the outward functions and awakening the inward movement toward the soul, that all roads in the earth mind may lead to the soul and all the lower forces be subject to the intelligence and power of the soul. There are but six centers, but each center has a double function, so there are twelve processes to be considered and purified, six on the plane of generation and six on the plane of regeneration, making the twelve labors of Hercules mentioned in Grecian mythology.

The heart is the main center of feeling with those whose emotions outweigh the reasoning intellect. Those who are guided by their reason instead of their feelings may be said to live in the head center. In either case the opposite center should be cultivated to create a well-balanced mentality.

The larynx reflects in the voice the dominant quality, being cold and even harsh if the intellect

reigns, and mellow and warm with life if the higher qualities of the heart are blended with the head intelligence.

These three, the head, heart and voice, are the trinity of power and should rule the three lower centers, but in the present undeveloped state of humanity we find many minds dormant in the higher centers and conscious only of the pleasures of the table and the gratification of the sexual appetite, thus inhabiting only the solar plexus and sex centers. It is true that in many personalities we see a wonderful development of intellectual and heart capacity, but all degraded to the subordinate state of serving the lower appetites. In these deluded mortals the soul is far worse off than if it had done the impossible and incarnated in an animal form.

The three lower centers are of the first developed or lowest mental plane. They were first formed for physical uses and the soul identified itself with them to evolve higher uses and lift man from a lower to a higher range of activity. These centers, though not immortal, are nevertheless important while we have a physical body, because they furnish vital elements for the health and strength of the body, and through the proper use of these the bodily intelligence can be regenerated and enter a higher state. They are of no use in the spiritual world, so they do not survive the body or mortal part of the mind. They enable the soul to transform the crude elements of food into refined products, through which it can exercise its power in the physical, but with the end of physical conditions the soul, not having to deal with material things, no longer needs these material instruments. In the spiritual body there is but the

semblance of the lower organs and limbs, a picture or symbol of the states that have been overcome and outgrown.

On the development of the body of spiritual strength while in the flesh, through conservation, depends the degree of forcefulness with which the spirit will begin its work after leaving the body. It will have all the energy it has conserved and incorporated into the structure of the spiritual body with which to begin work.

The government of the vital functions is vested in the solar plexus. Upon its healthful activity depends the harmony of all other centers. When it is discordant, by reason of a disturbed mind, all the centers suffer. If its strength is depleted by sexual indulgence or overwork, the force of all the other centers is drawn upon to restore equilibrium, with the result that the heart, the throat, the brain, the stomach and all other functions are weakened and disturbed.

Sexual gratification is the cause of many more deaths than the world is aware of. The escape of the vital fluid to excess will impair the function of the nerves of the solar plexus and ultimately result in paralysis, heart disease or insanity. This is true of both sexes. On the other hand, when the vital fluid is retained and properly appropriated its wonderful creative power regenerates both the physical organs and the spiritual faculties.

The solar plexus is a mighty generator and conserver of vitality. The vital essences of the body will be drawn upward from the sex center as the *idea* of pure use becomes dominant in the mind, because these essences obey the movement of the mind, but

as long as lustful desires abide in the mind the whole trend of the essences will be down and out through the sexual nature. Methods of retaining the vital fluid will not avail if the outward sexual impulse is in the mind; the loss of fluid may not be perceived, but it is none the less certain. The mind cannot serve two masters. Either the outward will attract the fluids along the downward spiral or the soul will draw them along the inward spiral, according as the high or low use dominates the mind. As the attraction of the soul operating through desire and concentrated thought begins the true work of regeneration, the nourishing fluids and vital essences begin to *ascend* and are transformed into an ethereal substance, which is directed by the inner intelligence to the spleen. The spleen is a wonderful spiritual organ of discrimination that deals with these finer forces of which medical science knows nothing. After discriminating the pure from the impure, the spleen transmutes the best part of the ethereal substance into a fine element somewhat akin to an electric current, which then enters into the nerve currents and feeds the higher centers. The impure particles of ethereal substance cast out by the spleen are drawn downward and expelled by the intelligence in the rectal center. The electric currents generated from the substances refined in the spleen give great strength to the nervous system. The solar plexus is a storage battery for most of this electric fire, but the heart, larynx and head centers also demand a share, which they transform into emotional force, thought force and the power of the creative word. As the mind is exalted by the thought of spiritual principles and feels heavenly love and speaks forth

the harmonious words from its holy realization, the mental currents become very ethereal and gain the degree of spiritual life and soul substance that enables the all-competent power of God to express in thought, word and feeling.

So in the process of regeneration we have, first, the *retention* of the vital fluids and their reabsorption into the lymphatic system; second, the *transformation* of these fluids of ethereal substance; third, the *transmutation* of this substance into electric currents that center in the solar plexus and radiate as from a sun to every part of the body. In the fourth stage of refinement thought force is generated and in the fifth stage the soul absorbs this distilled perfume of holy thought activities and becomes clothed in auric currents of glory and power.

Thus the soul gains strength from the body, to which it can wed its holy power and make the health and beauty and wisdom of Divinity manifest in the flesh.

EXERCISES.

Focus the mind in the sexual sphere and affirm as follows:

I am strong in my sexual sphere. My mind is dominant in this region.

The mentality of this region cannot be filled with phantoms of lust. It cannot be affected by devitalizing thought images.

I concentrate my intelligence in this part of my mind and dissolve all false phantoms of the imagination.

My mind and soul have other uses for this sexual energy than to waste it in sexual indulgence.

I am a strong conserving force in this center.

the outer consciousness of the mind and thy inner consciousness of Wisdom. Use this force to form a body for thyself that will unite thy mystic presence with the vibrations of thy earthly tabernacle.

My soul, I keep my mind on this process, that its energy may be used by thy superior intelligence in doing this sacred work.

I bless thee and praise thee as the mighty regenerating Wisdom that is now lifting my nature into a higher plane of spiritual activity. Thou art the life and the love Divine!

THE STIRRING OF THE DEPTHS.

There are three states of life that will constantly recur during the transmutation period to those who live the continent life. The intensity of these states varies according to the brain development or temperament of the student.

They are the states of passion, of emotion and of illumination. The quickening of the latent force in the three brain regions, sexual, emotional and intellectual, is the cause for the new activity of these regions. The new life force will upturn the various strata of the mind and uncover old mental conditions.

The passions must be conquered by strength of will and the word of power. The word of peace will pacify and direct the emotions toward the Christ. The illumination of the intellect will reveal many things which cannot be put into words.

Only by living a life of absolute chastity can anyone pass through the gates of regeneration and obtain the knowledge emanating from the soul which

illuminates the heart and mind with peace and wisdom.

If at any time you feel as if you were being almost rent asunder by the conflict of opposing planes of your being, do not be discouraged, as the battle is not dangerous. It is but a severe conflict in the emotional nature to determine which tendency is to have the ascendancy, the animal lusts or the love for the ideal pleasures of the soul. The lusts through your selfish desires will strive to bind you in the shackles of misery and despair and drag you down into darkness, but your higher affections will rise up as your protection. Exert your own will and wisdom to conquer enemies to your peace of mind, and use the following prayer to draw divine strength for your soul.

A SOUL PRAYER.

O God of Purity and Truth! Direct my soul in the way of wisdom. Unveil to it Thy light. Let no cloud obscure its vision nor any attraction tempt it from the path of duty.

Help my soul to guide the river of this personal life and dominate and control all the sacred centers. Awaken within my soul the memory of the days of its mystical progress through celestial ways of light, that it may fill the mind with the beauty of its mystical knowledge.

Awaken my soul, that it may thrill every molecule and nerve with the power of the mystical Word and attune every physical cell to the harmony of heavenly music. Let my soul again hear the holy music of the spheres, that the tumultuous waves of earthly feelings may be hushed into silence by the unutterable charm of heavenly music.

Strengthen my soul with Thy Will, that it may keep my feet from straying into any forbidden path of human weakness.

Sustain this combination of mortal and spiritual life, O Christ, with Thy eternal energy. My spirit is allied to Thine and my soul shall remain in union with Thine through all the changes of time.

O pour upon this soul the living, cooling waters of life, and it will remain content to do Thy earthly work and will grow in strength as it is refreshed by the crystal spray from the living, sparkling fountain of Thy love.

Thou art the Lord of Lords, who giveth me dominion over the outermost sphere.

THE RECREATIVE IMPULSE.

A student compares the following statements in the first lesson: "Deny all desire for sexual pleasure." "There must be some activity and feeling in the sexual center while seed is being generated." "Passion is good in itself."

He writes: "May I ask what is the difference between the recreative impulse and desire for sexual indulgence?"

The desire for sexual indulgence is an animal instinct, which has become abnormally developed in man, and calls for indulgence until he educates the force of passion to fulfill the higher duty of regenerating the body.

Passion is the strong, ardent quality of the life force which vitalizes the sexual center and other centers as well. It is the recreative impulse. The mind should discriminate between the force as a manifestation of life and the mental associations that

arise from it. Man as well as woman is the receiver of the creative influx once a month. This creative energy flows into and re-energizes the receptacles that by thought or habit man has formed for it. Those who are sensually inclined will feel the influx most in the lower center, but those who have become chaste will feel the influx as a pure, exalted life force that will fill their will and spiritual faculties with great power and illumination, and they will be blessed with a divine sense of happiness, health, vigor and courage. Thus there will be a periodical increase of spiritual power, strengthening the physical, moral and mental being in both sexes, and the soul's garment or spiritual body will be quickened and prepared for the resurrection into a superior realm, with all its faculties and powers in the full bloom of radiant beauty.

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The effect of the loss of the reproductive fluid may be well illustrated by the salmon. In common with other fish, they are very wasteful of the reproductive forces and very often die as a result of the expulsion of the ova and sperm.

Shortly before the spawning season the reproductive forces which accumulate in the body are transmuted and used in the general development of the fish. The male salmon becomes strong and energetic; his color changes from silver to rosy red; his teeth increase in length and his mouth becomes long and hooked. If at this time he retains the energy that is regenerating him, his bodily vigor will increase and his life be prolonged. But, controlled by desire, he usually follows the female up the river and expends his energy in impregnating the ova which she deposits. Thus he loses most of his life

force, and, if he does not die, his flesh is unfit for food for weeks, his color fades and all the manifestations of an energized body disappear.

MAGNETIC EXCHANGE.

The wonderful attraction that exists between the sexes is proof of the exchange of electric and magnetic forces that are needful in their opposite qualities to the existence of each. Aside from the need of generation, the pure association of the sexes is necessary, that opposite mental, spiritual and electric polarities be blended and exchanged. As the opposite polarities of electric energy in air and earth are exchanged and balanced during an electric storm, or as the planets in their course give and take of opposite qualities from each other, so the positive and negative qualities of men and women on the physical, mental and soul planes of their being are continually exchanged for the development of the full strength of each in every degree of their natures.

Each body generates electric and magnetic forces which are strong or weak, according to the health of the individual; harmonious or discordant, according to their dominant mental states, and beautiful and satisfying to the higher natures of others who come into their presence, according as the qualities of kindness, sympathy, love and joy fill their atmospheres with a divine radiance.

Each body is also a storage battery for the forces it has generated and it is absolutely necessary that there always be a reserve force on hand to combat the effects of disease and overcome the weakness arising from mental and physical labor. When the reserve force is depleted and disease becomes manifest

there is need of a magnetic healer or of someone who can impart sufficient force to restore a magnetic equilibrium by the laying on of hands or the projection of healing power.

There would be better health and greater harmony among married people if they recognized and complied with the conditions of magnetic and electric polarity. Two little pith balls hanging at the end of threads in close proximity will repel each other if both are charged from the same pole of the electric battery. On the contrary, if the electricity they contain is of opposite polarity they will be attracted to each other. The same is true of individuals, with the difference that there are so many opposite qualities among personalities that two may be attracted to each other by mental or soul qualities and repelled by qualities purely physical, or vice versa. Married couples would grow in attraction toward each other instead of becoming repelled and seeking freedom in separation if they would live chaste lives and occupy separate beds. When their bodies repose on the same bed there is a constant exchange of magnetic and electric elements which makes them feel so much alike that in a way similar to the pith balls they soon repel each other. If they are separated by either one going on a journey, the pleasure of courtship days is felt again when they are reunited. When they sleep in separate beds they will develop to the fullest extent their individual magnetic and electric qualities, and when the attraction becomes especially strong they can conquer the desire for gratification by merely occupying the same bed, without the thought of sexual union, until their forces have become balanced and peaceful. If they are attuned to

each other this means will allow an exchange of magnetism which will stimulate, refresh and invigorate, leaving them satisfied, healthier and stronger than if they indulged the senses and devitalized their bodies. The same exchange of healing force may take place through the clasping of hands. If their moods are discordant or if they feel repelled by each other, the less they are together the better for them both. Like the Hindu couples, who make the first three nights of married life a period of holy devotional communion, an unsexual union, for the purpose of consecration to God before the procreative act, those who would realize the greatest development from their unity should make it a time of spiritual thought and converse, excluding all things which would excite the sexual instinct. A much closer, purer and more harmonious relationship will be realized from perfect chastity in thought and deed in the married life (except when children are desired) and each will aid the other to evolve into a higher degree of soul power and physical health.

THE TRUE DISCIPLE OF CHRIST.

The heart of the faithful servant of Christ is ever filled with the true light of the life celestial. The ego brooded over by the warmth of Divine Love unfolds through grand processes of development that are not measured by days or years. The mind continually aspires to truth's brightest hopes and is ever eager to enlist as a worker in the vineyard of the Lord God. Pure thought governs all the actions of the true disciple of Christ, freeing him from earthly limitations, for he has entered the path of pure motive and high and noble purpose, and through these lofty ideals the

dissolving power of the Spirit will act to remove all obstacles which may lie in his path of progression.

All cosmic forces accord with a great advancement in states of mind, so that all things conspire to exalt the one who has turned his whole nature Godward. The supreme Power is with him and his steps of advancement cannot be measured by the finite mind. The Infinite is his Master and Infinity alone equals or comprehends itself. Man is the measure of the finite, God is the measure of the Infinite.

A true disciple of Christ is filled with a sincere desire for human advancement, and to secure this is willing to undertake a great amount of work in cleansing himself from all errors of the fleshly man. He puts aside selfishness and cultivates the true aspirations which give him freedom from those qualities of mind which cover so many souls with the debris of ignorance. Only a mighty sincerity of purpose and indomitable perseverance will enable him to walk in the path of divine appointment, to break asunder the chains that hold and enslave mankind.

He will gain the power to free mankind from the slavery of lust and all the terrible desires pertaining thereto, which hinder them from worshiping Divinity and cause them to walk in the ways of carnality and sin. They all must be redeemed through the light of truth given forth in loving service.

The soul under the influence of the Holy Spirit will develop the mind of the faithful disciple until it stands alone, as it were, isolated in the world of mind for its special work. As he becomes more spiritual he will realize the different degrees of his intelligence. He will sense the manifestation of his soul before the thoughts of his mind. His identity will be more in the soul than in the mind. He will be closer to his

soul, as it were, than to his mind, and the mind and body will be obedient to the soul's wisdom and power. Then comes the realization that only sense separates things and he knows that each atom of his body is held in place by the Infinite Master who sustains the relationship governing all.

May truth clothe him with its white robe and enrich him with the gold of divine wisdom. May his heart be illuminated with divine love and divine justice inspire all his actions as he walks in the way of peace, radiating mercy to all souls in all worlds forever.